Hypothermia

By Liliana Lindsay-Schattovits

What is hypothermia?

Hypothermia is when the body temperature drops from normal temperature (which is 36 degrees Celsius).

List of things to have to avoid hypothermia:

* Warm socks, preferably wool, to keep your feet from freezing.
* A balaclava, to keep your face and head warm.
* Thermal underwear, to keep your body warm and to insulate the heat from your body.
* Warm clothes, such as jumpers, sweaters, long tops, vests and a beanie to keep your whole body from freezing.
* Insulating snow boots, so your feet stay warm and don’t get wet from snow, water and ice.
* Gloves or mittens, to keep your hands warm.
* A scarf, to protect your neck.
* Turtle necked tops, also to protect your neck.
* Thin, comfortable socks to wear under your woolen socks, as wool can get quite scratchy, and also for extra warmth.
* A large tent to protect you from the freezing outside weather.
* A small portable heater to use when inside your tent.
* A book of matches to light a warm fire in case your heater does not work or runs out of batteries.
* Warm food and drinks to keep you warm on the inside.
* A parka, to keep you warm and dry.
* Earmuffs, to protect your ears.